

BALANCING THE CHAKRAS

WITH YOGA & OILS

When the energy within a particular chakra becomes, stagnant, excessive or insufficient, it cannot flow efficiently, and the chakra cannot function properly. If the energy is not brought back into balance, then physical, mental, and emotional issues may occur in areas related to those chakras.

In this two hour all-level workshop we will explore how yoga & essential oils can support overall chakra balancing as well as exploring your individual chakra imbalances.

Date: Saturday
January 19th
2-4PM

Personal Investment:
Members \$20
Guests \$35

All students will go home with an essential oil blend to suit their particular imbalance.

Instructor:
Laura



Preregistration and payment required. No refunds. Please check our website, visit our studio, or call for more information.

121 N. Main St., Crystal Lake, IL 815-356-7089

www.akashayogacenter.com

A K A S H A
Yoga • Healing Arts • Education